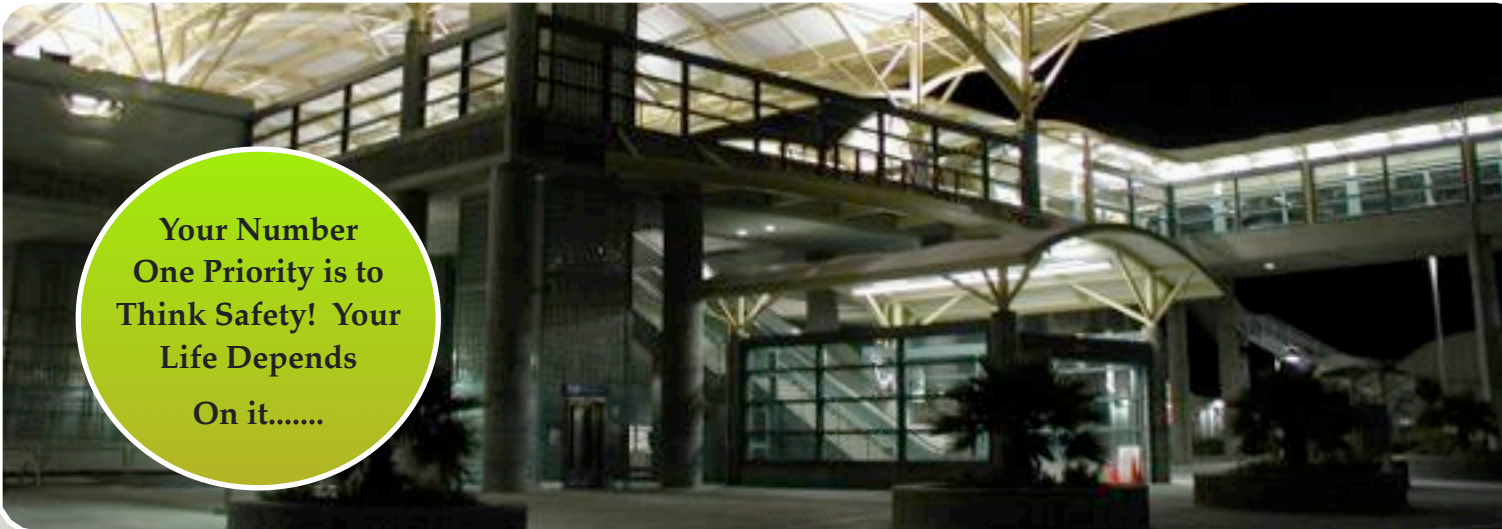


JANUARY 2013
Vol 2 issue 1

M & E SAFETY NEWSLETTER

**Take Safety
Personally....**

**Make It Part Of
Your Daily Routine**



**Your Number
One Priority is to
Think Safety! Your
Life Depends
On it.....**

MAINTENANCE & ENGINEERING SAFETY COMMITTEE.....

The M&E Safety Committee's Mission Statement:

Create a culture of safety and accountability for M&E employees through open communications, identifying and mitigating safety concerns, and developing solutions to improve safety.

M&E Safety Committee Symposiums

The Chief Engineer and BART's M&E Safety Committee held two Safety Symposiums, one in the spring and the other in the fall of 2012. The first safety symposium was held on day shift on April 10 at the Metro Center Auditorium and the second was held on grave shift at the Oakland Shop Annex. Subject matter experts from all disciplines were in attendance to discuss safety issues at BART and to raise safety awareness throughout M&E. The discussions at both sessions were helpful and productive, as people openly expressed their concerns to the M&E Safety Committee. The purpose of the meeting was to collectively identify issues that required attention and could

improve safety awareness at BART.

Stakeholders were encouraged to articulate any topic that possibly pose safety concern to employees.

The 2012 M&E Safety Committee Issues list, initiated with 15 items that addressed various areas of concern. As of January 17, 2013, 11 of the 15 issues have been resolved; including earthquake retrofit in LMAP. Clarifying information regarding W15 and the roadway workers manual is currently a work in progress, while the remaining 3 items affecting Train Control continue to require more work before reaching a resolution.

Now that 2012 has come to an end, and the start of a new year, 2013, many new opportunities for change presents itself.

A number of employees retired, others have been promoted and several new employees have joined the District. With the ringing in of a new year there is opportunity to invite new members to join the safety committee and participate on the M&E Safety Committee and also in the Safety Symposium.

The first set of Safety Symposiums for 2013 is scheduled on Jan 31, from 4am-7am. Another session is scheduled on February 7th from 8am-12pm, both meetings will be held in the Metro Center Auditorium.

There will be participants from Systems Maintenance, M&E Technical Training, Operations Control Center, Safety, Track & Structures, Power & Mechanical, and Technical Support.

SAFETY IS ON OUR MIND



BART's Safety Slogan Contest

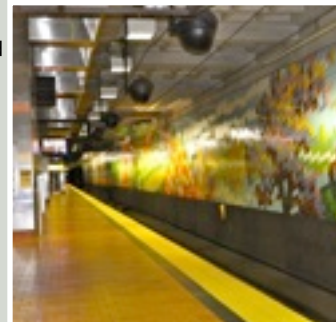
M&E's Safety Committee challenges you to exercise your creative side of your brain and develop a Safety Slogan that will be seen and used throughout the District.

Today you have a chance at having your idea published in the M&E's Safety Newsletter, District literature, and placed on District vehicles system wide. That's because we are launching a contest where we are encouraging safety awareness by developing a Safety Slogan. And this contest unlike many others is open to every BART employee of the District! So make sure to get your entry in by the end of February 2013.... and get a shot at winning a \$50.00 gift card!

OCC's Tailgate Meeting

OCC continues to partner with its stakeholders to promote safety. Come and participate in discussions with OCC, Track, P/M and Systems Maintenance to have candid dialog about any issues you may have.

The OCC will again hold their quarterly Tailgate Safety Meetings. The purpose of these meetings is to facilitate inter-departmental dialog that promotes safe and efficient communication between the OCC and our maintenance partners. This is an excellent opportunity to shore up our understanding of each others procedures and responsibilities.



Topics covered will include but are not limited to: 1) new procedures and/or changes regarding work orders/clearances, 2) OR&P rule review (Quick review) 3) current areas that need improvement and 4) open discussion. If your department has areas of concern, please forward them to me and we will research and provide answers at the meetings.

This quarter, in order to make it easier for your employees to attend, multiple meetings will be held on Thursday February 14, 2013 at 0730 and 1530 hrs. Each session should be completed in about an hour. Seating is limited to 15-20 persons. However, additional sessions or a larger room can be scheduled if demand merits it.

We asked that you send some of your primarily front line employees who regularly interact with the OCC. However managers and supervisors are welcome as well. A OCC Manager, Train Controller and Power Support Controller from the OCC will attend each meeting.

Please forward names of those employees you will send by Monday February 11, 2012. OCC Quarterly Tail Gate Safety meeting will be held on February 12 in the Metro building in the large conference room. Come and share your ideas or have any questions you may have answered. The meetings will be held on all shifts.

Through partnership and collaboration we can create a safe working environment.

Vehicle Tire Safety

If you have tires that are advertised as "long-lasting," safety checks are more critical than ever. In the past, tire typically wore out after 30,000 miles or less. Today's tires are made to last longer. They may still have lots of tread over time even after exposure to heat, environment and potholes. Under inflated tires can weaken with exposure to heat, and this increases the risk for a blowout. A ten-degree drop in outside temperature lowers pressure by about one pound per square inch. Keep in mind that all tires may leak over time. A study of 36 all-season vehicles revealed that each lost approximately six psi (pounds per square inch) over a one year period. When purchasing new tires for your vehicle, you must examine the size, type, tread, tread wear, traction and temperature resistance.

BART Maintenance and Engineering Department Safety Performance FY 2011/2012			
Metric	FY 2011	FY 2012	Change
OSHA Recordable Injuries/Illnesses	95	69	-27%
Lost Time Injury Cases	45	36	-20%
Lost Workdays	2128	1442	-32%
OSHA Recordable Sprains and Strains	55	36	-35%
Lost Time Cases: Sprains and Strains	35	23	-34%
Lost Days: Sprains and Strains	1478	603	-59%

Table 1.0

BART Safety Department Statistics

Safety Snapshot: Maintenance and Engineering

M&E is on track to increasing safety performance (*Table 1.0 above*). The total number of OSHA recordable and lost time injuries decreased significantly in FY 2012 as did the number of sprains and strains. There are many factors and initiatives that have contributed to this substantial improvement. Keep up the great work.



Working
Together to
reduce work
injuries

Prescription Drug Abuse in the Workplace

Illicit drugs and misuse of alcohol are not the only substances that can affect health and safety in workplaces. Prescription drugs, when used without a prescription and without the supervision of a doctor, can also have adverse effects.

Workers can become sleepy or anxious or depressed or confused, from the improper use of prescription drugs. As important, when these drugs are used improperly, they can pose risks to employees, their coworkers, and the overall workplace itself.

The risks associated with non-medical use of prescription drugs in workplaces can escalate when workers' jobs require caution and safety to prevent injury, such as those of transportation workers, assembly line workers, construction workers, nuclear-power plant workers, and the like.

What Is Prescription Drug Abuse?

Prescription drug abuse has been identified as a growing problem in American workplaces. In the National Survey on Drug Use and Health (NSDUH), SAMHSA defines prescription drug abuse as the use of prescription pain relievers, tranquilizers, stimulants, or sedatives without a prescription of the respondent's own or simply for the experience or feeling the drug causes. (continues on top next page 4.)

This definition covers a wide range of behaviors, from misusing prescription medications to get high, stay awake, or get to sleep to using someone else's medication to address a legitimate medical need. What may seem like a harmless sharing of medications can lead to addiction, misdiagnosis of illnesses, life-threatening circumstances, and death.

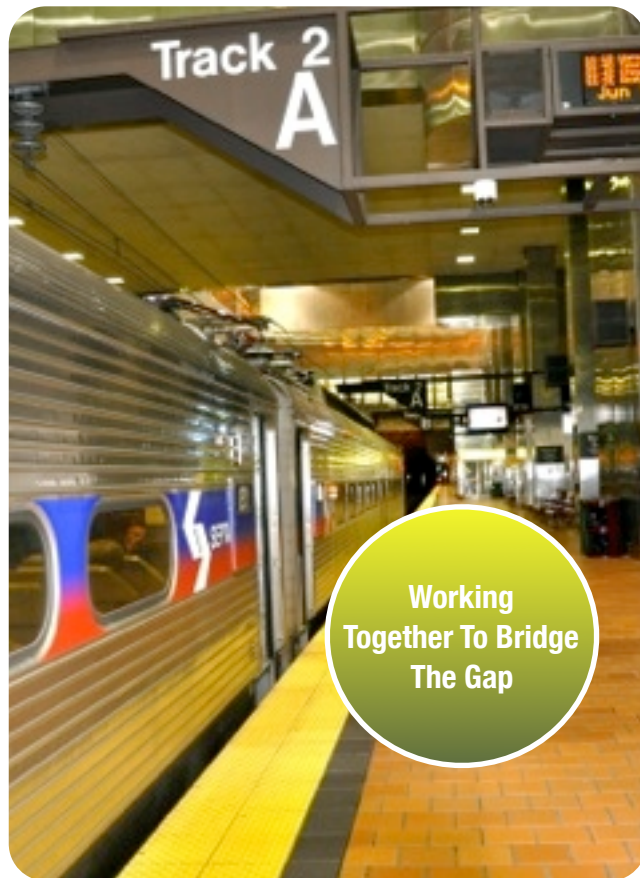
Are Prescription Drugs Safe?

Prescription drugs are safe when they are taken as directed under a doctor's orders. Fear of addiction and dependence should not stop an individual from taking medications that can help treat his or her problems, nor prevent a physician from prescribing appropriate medications. Proper usage of prescription drugs can help workers protect their health and thus perform more productively in the workplace. However, when taken for non-medical or recreational purposes, prescription drugs are no safer than illicit or street drugs. The misconception of prescription drugs as legal and "safe," even when abused, is particularly strong among young adults.

Most prescription drug abusers obtain their drugs free from a friend or relative. In 2006, 55.7 percent of individuals 12 and older who had used pain relievers nonmedically in the previous 12 months said they got their drugs this way.² Other ways of acquiring prescription drugs include "doctor shopping" to get multiple prescriptions, taking them from a friend or relative, or buying them from a friend, relative, or dealer. It appears that the Internet is not a significant source of prescription drugs, such as opioid analgesics, for most users.

Prescription Drug Abuse Is a Growing Problem

Multiple sources of data make it clear that this problem is a growing one, especially for teens and young adults, which means that employers need to be aware of the problem. Data from the Treatment Episode Data Set show that admissions for treatment of prescription and over-the-counter (OTC) drug abuse rose from 3 percent of all admissions in 1999 to 4 percent in 2002. The escalation seems to come from increased rates of abuse of narcotic painkillers, which more than doubled between 1992 and 2002. As of 2003, 3 percent of admissions were for abuse of nonheroin opiates. According to the Drug Abuse Warning Network, from 1994 to 2001, emergency room visits for narcotic prescription pain relievers increased for oxycodone 352 percent, methadone 230 percent, morphine 210 percent, and hydrocodone 131 percent. Of the 1.3 million visits to emergency departments in 2004, a half million involved nonmedical use of pharmaceuticals.



Working
Together To Bridge
The Gap

In drug tests among the U.S. workforce, positive results for amphetamine use remained relatively stable from 2004 to 2008, in marked contrast to significant declines in positive testing results for other drugs, such as methamphetamines and cocaine.

The NSDUH data show that, based on combined data for 2002, 2003, and 2004, an annual average of 14.8 million persons 12 or older had misused prescription psychotherapeutic drugs in the past year. Nonmedical use of prescription pain relievers was second only to marijuana use among the Nation's most prevalent illicit drug behaviors.

CHIEF ENGINEER'S & SAFETY COMMITTEE CORNER

M&E SAFETY COMMITTEE

THE RECENTLY CREATED M&E SAFETY COMMITTEE TOOK A COMPREHENSIVE LOOK AT ALL ASPECTS OF SAFETY IN M&E. A NUMBER OF ITEMS WERE BROUGHT FOURTH AND ACTION WAS TAKEN TO ADDRESS AREAS OF CONCERN. WE CONTINUE COUNTING ON YOU TO ASSIST US IN THIS EFFORT TO INCREASE A CULTURE OF SAFETY AND SAFETY AWARENESS IN M&E. REPRESENTATIVES FROM EACH DISCIPLINE WERE

INVITED TO ATTEND ONE OF TWO SAFETY SYMPOSIUMS IN 2012.

YOU SPOKE WE LISTEN AND ARE MAKING CHANGES TO INCREASE SAFETY AWARENESS. WE ASK THAT YOU CONTINUE TO MAKE SAFETY A PRIORITY ON A DAILY BASIS. THE NEXT SYMPOSIUM IS 4:00AM - 7:00AM ON THURSDAY, JAN 31 AT THE METRO AUDITORIUM BUILDING. THE SECOND SYMPOSIUM IS 0800AM - 1200PM ON THURSDAY, FEB 7 AT THE METRO AUDITORIUM BUILDING. REMEMBER, OUR GOAL

IS TO UNDERSTAND YOUR SAFETY CONCERNS AND ISSUES, SO THAT THEY CAN BE ADDRESSED AND RESOLVED. WE LOOK FORWARD TO THIS OPPORTUNITY TO MEET IN PERSON WITH YOU OR YOUR REPRESENTATIVE TO DISCUSS WAYSIDE WORKER SAFETY AT BART.

THE OUTCOME OF THE SYMPOSIUM WILL BE PUBLISHED, SO STAY TUNED.